



## FEATURE

### Tools to help maintain your mental well-being

We all have good days and bad days. Sometimes when we are feeling down or have a case of the blues it can become overwhelming. Many life events can trigger anxiety, the blues, and even depression.


In this edition of the PEHP Wellness newsletter you'll find tips and resources to help support your mental well-being.

Our webinar focuses on motivation this month, and article topics include



exercise tips for brain health, and foods that boost brain power.

PEHP members who may be in need of mental health services are encouraged to seek professional care utilizing their Employee Assistance Program benefits.

Understanding the difference between the blues and depression is the first step toward feeling better. If symptoms interfere with your daily routine, learn what you need to know [here](#). 

Your Human Resource representative can guide you to the EAP services that may be offered through your agency.

We hope you enjoy this edition.

– Your PEHP Wellness Team

#### MOTIVATION THROUGH QUOTATION

*"Sometimes, what a person needs is not a brilliant mind that speaks, but a patient heart that listens."*  
– Author Unknown

### PEHPHEALTHYUTAH WEBINAR


#### Motivation for Transformation

**What:** In this webinar we discuss the psychology of motivation. Tune in for tips to jumpstart your self-improvement goals, move past the preparation stage, and maintain your momentum.


**When:** Wednesday, Oct. 1, 2014 at Noon

**Presenter:** Richard Andelin, PEHP Health & Wellness Coach

Register [here](#) 

**Remember:** All webinars are archived for future viewing – visit our archive section [here](#). 

### KNOWPLANACT

Remember that you can access your current biometric numbers online at your personal Health Snapshot. [Log in](#)  to learn more.

#### CLICK TO NAVIGATE



## MOVE IT

By Melissa Miller

# Happy Body, Happy Brain



When your body is in good shape, your brain responds in turn. Mental and physical health is intertwined, and improving your fitness level can improve your overall well-being.


Consistency in activity is the key. Regular exercise releases feel-good chemicals

in the brain and provides additional benefits such as:

- » Reducing stress
- » Improves sleep quality
- » Increases productivity
- » Alleviates anxiety
- » Sharpens memory

Factors such as these are motivating and offer positive

benefits that can improve your outlook on life. Simply moving your body on a regular basis, no matter what type of exercise, benefits both your body and your brain.

To learn more about exercise and the mental health connection, [read this](#) article  from the Huffington Post.


## WORKOUT WARRIOR

### 237 PARTICIPANTS IN AUGUST

The theme of the August Workout Warrior was **Disaster Dash** – 237 Workout Warriors participated.



Allison H. was the random winner of an Amazon gift card. Congratulations Allison!

The theme for October is **Train Your Brain**. Learn more about Workout Warrior and how to participate [here](#). 

**Keep moving!**

### MOTIVATION THROUGH QUOTATION

*"It is exercise alone that supports the spirits, and keeps the mind in vigor."*  
– Marcus Tullius Cicero

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## FOOD FOR THOUGHT

By Maria Givler

### Junk Food Blues

You may ask, “What is the link between diet and mental health?”

Some [studies](#)  have shown that those consuming diets high in processed meat, chocolate, sweet desserts, fried food, refined cereals and high-fat dairy products were more likely to report signs of depression—while those with diets rich in fruits, vegetables, and fish were less likely to feel depressed.


These fresh foods are found in the [Mediterranean Diet](#);  an eating plan and lifestyle focusing on minimally processed foods.

Eating whole, nourishing foods for meals and snacks



can also stabilize and maintain blood sugar levels, thus leading to clarity of mind, a good mood and fewer headaches.

Consuming fatty fish is recommended for brain and heart health because of the DHA present in them. Docosahexaenoic acid (DHA) is the most abundant fatty acid in the brain. Obtaining DHA from foods can help the brain function at its best.

[Learn more](#)  about additional brain boosting foods.

## SIMPLY YOUR LIFE


By Tiffany Anderson


### Depression on the Job

We all get the blues from time to time. However, depression can be very serious. It is estimated that depression costs U.S. businesses \$51 billion a year in absenteeism and lost productivity. Recognizing the signs in a co-worker, employee, or yourself is a crucial first step. Without jumping to conclusions – since anyone can have a bad day – be alert to these signs:

- » Increased tardiness and absenteeism
- » Drop in productivity
- » Difficulty concentrating

- » Increased accidents and errors at work
- » Increased social isolation
- » Decrease in energy

If you observe a combination of these symptoms or experience them yourself, there may be a risk of depression. As a manager or colleague, be careful not to try and diagnose a mental health problem, but point out what you’ve seen and be empathetic before making [suggestions](#). 

Most depression can be treated. Learn more [here](#). 

#### MOTIVATION THROUGH QUOTATION

*“Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad.”*

– Henry Wadsworth Longfellow

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## PEHP WAIST AWEIGH

By Emily Mecham

# Look Inside Before You Lose

Many people attempt countless “strategies” in order to lose weight, such as – counting calories, increasing activity, drinking more water, eating more vegetables, or cutting out specific foods.

All are effective tactics; though how many of us consider improving mental patterns *first* to help change our behavior? When [surveyed](#), more psychologists felt it was essential to begin by understanding and



managing behaviors and [emotions](#) related to weight management.

Taking this important first step can help a person ultimately lose weight and keep it off.

For example, rather than jumping headfirst into a change such as completely giving up soda, consider the thought process that leads to an unhealthy behavior.

This technique is not a “quick fix.” It can be enlightening listening to your inner dialogue and understanding your motivations prior to making any lifestyle change.

You may find that when you improve your mental health, your physical health will follow.

### SHOUT OUTS!

Congratulations to two PEHP Waist Aweigh graduates!

**Jan H.** met her 6-month maintenance goal in August and **Laurie O.**

reached her 6-month maintenance goal in September! Way to go ladies – your dedication is inspiring!

[FIND GRAD SUCCESS STORIES HERE](#)



### PEHP WAIST AWEIGH

Have a BMI of 30 or higher? With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.

[LEARN MORE/ ENROLL HERE](#)



### MOTIVATION THROUGH QUOTATION

*“Optimum health is an ongoing process that requires awareness, knowledge, and practice.”*

– Dr. Andrew Weil

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## MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>October Workout Warrior Registration closes</p> <p>1</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</p>	<p>2</p> <p>HU TESTING SESSION Layton: 8:30-12:15/1:30-4:15</p>	<p>3</p> <p>Yom Kippur Begins at Sundown</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</p>	<p>4</p> <p>Yom Kippur Ends at Sundown</p>
<p>5</p> <p>Health Tool of the Week: <a href="#">What is Depression?</a></p>	<p>6</p> <p>Child Health Day</p> <p>HU TESTING SESSION St George: 8:30-12:15/1:30-4:15</p>	<p>7</p> <p>HU TESTING SESSION Washington: 8-11:45/1-4:45</p>	<p>8</p> <p>HU TESTING SESSION Washington: 8-11:45/1-4:45</p>	<p>9</p> <p>National Depression Screening Day</p> <p>HU TESTING SESSION St George: 9-12:15/1:30-3:15</p>	<p>10</p>	<p>11</p>
<p>12</p> <p>Health Tool of the Week: <a href="#">Mental Health – Let's talk about it.</a></p>	<p>13</p> <p>Columbus Day PEHP Offices Open</p> <p>HU TESTING SESSION Murray: 8:30-12:15/1:30-4:15</p>	<p>14</p>	<p>15</p> <p>Global Handwashing Day</p> <p>HU TESTING SESSION Gunnison: 8-12:15 Farmington: 9-12:15/1:30-4:15</p>	<p>16</p> <p>Boss's Day</p> <p>HU TESTING SESSION Richfield: 9-12:15/1:30-3:15</p>	<p>17</p>	<p>18</p>
<p>19</p> <p>Health Tool of the Week: <a href="#">PTSD Coach Online</a></p>	<p>20</p>	<p>21</p> <p>HU TESTING SESSION Clearfield: 9-12:15/1:30-4:15</p>	<p>22</p> <p>HU TESTING SESSION Provo: 9-12:15/1:30-4:15</p>	<p>23</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</p>	<p>24</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</p>	<p>25</p>
<p>26</p> <p>Health Tool of the Week: Young or Old: <a href="#">Stop Bullying</a></p>	<p>27</p>	<p>28</p> <p>HU TESTING SESSION Manti: 10-2:15/1:30-4:15</p>	<p>29</p> <p>World Stroke Day November Workout Warrior Registration opens</p>	<p>30</p>	<p>31</p> <p>Halloween</p> <p>HU TESTING SESSION Heber City: 8:30-12:15/1:30-3:15</p>	

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